February 26—March 3, 2012

Everybody Knows Somebody

The mission of National Eating Disorders Awareness (NEDA) Week is to ultimately prevent eating disorders and body image issues while reducing the stigma surrounding eating disorders and improving access to treatment. Eating disorders are serious, life-threatening illnesses—not choices—and it's important to recognize the pressures, attitudes and behaviors that shape these disorders. Help is available and recovery is possible! National Eating Disorders Helpline: 800.931.2237

There will be prizes and give-aways throughout the week at the following events! Join us!

The following events are sponsored by: SNAC (Sensible Nutrition And body image Choices) Peer Educators, Lafene Health Center, Student Governing Association, Counseling Services

**Yoga for Every Body**

Monday, February 27th, 7:15-8:30 pm

7:00 – 8:00 p.m.
KSU Student Union, Room 207

Everyone is welcome at this all-levels class. Come and experience your vitality and aliveness, just as you are right now. Stretch, strengthen, relax and enjoy in the present moment. We will attend to breathing and alignment of the body to experience greater ease, comfort, clarity, and peace of mind. Wear comfortable clothes. Mats will be provided.

Led by Jane Hansen (Orange Sky Yoga) & Counseling Services.

**Film: America the Beautiful Part 2: The Thin Commandments**

Tuesday, February 28th, 7:00—8:30 pm

K-State Student Union, Little Theatre

This entertaining, yet thought-provoking movie challenges us to redefine the truth about our health by focusing on wellness, not weight, as our goal. Join us for Manhattan’s first public screening of this award winning film—and explore some of the ways the diet and weight loss industry exploits our universal fear of fat. You’ll realize you are not alone in the struggle to cope with mixed messages about body size, weight and nutrition.

Additional sponsor for the film event: Union Program Council

**No 'Weigh' Wednesday**

Wednesday, February 29th

STEP AWAY from the scales! Take a breather and remember that the number on the scale does not define you as a person nor does it tell the whole story of your overall fitness.

You are not a number! It’s what’s inside that counts!
A Mindful Eating Experience
Thursday, March 1st
Noon-1 p.m.
KSU Student Union, Room 206

Join us for a mindful eating experience! Mindful eating focuses on slowing down, distinguishing between quality and quantity, and promoting an awareness of sensations of hunger and fullness. This practice is useful to help curb overeating. During this lunch hour you will develop an understanding of how distraction contributes to unmindful eating and how a mindfulness practice can foster intentionality and gratitude at meal time. Learning how to eat mindfully will help you improve your relationship with food.

Please bring your own lunch to this event.

Fearless Friday: A Day Without Dieting
Friday, March 2nd

Take a break from the diet mentality and enjoy your favorite food guilt-free. Reflect on all the wonderful things in life that can occupy your time and thoughts. See how empowering a day of self-acceptance can be!

Coming soon!

Shannon Cutts
will be on campus to present
Beauty Undressed
Wednesday, March 7th, 7:00—8:00 p.m.
K-State Student Union, Forum Hall

Beauty. What is it? Who has it? Who decides?

With “Beauty Undressed”, teens and adults, women and men, students and staff come together around one of the centralizing issues of our culture today. Nearly 100% of the population (that is, us!) struggles with unhealthy eating habits, body shame, and insecurity whenever we look in a mirror. This is why “Beauty Undressed” is a program for all of us. What makes “Beauty Undressed” different from other eating and body image awareness programs? This is not your ordinary eating disorders event. In fact, it is not really about eating disorders at all, but about how we as individuals and as a culture view and express beauty in the course of our everyday lives.

- Former 1st place winner, Billboard World Song Contest
- Profiled in Woman’s Day and Glamour for ground-breaking work in peer mentoring
- Presented at more than 100 venues over the past five years
  - “Shannon’s presentation was phenomenal. She portrayed an abundance of relevant information in an appealing and relatable fashion. Her warmth and friendliness drew the audience in instantly. She artfully combined seriousness with humor to provide an entertaining, yet insightful and poignant presentation.” ~ Truman State University
  - “Shannon’s unique and powerful programs bring personal transformation and life fulfillment into sharp and exciting focus. Survivor of a fifteen year battle with anorexia, bulimia, depression and anxiety disorder, Shannon’s story is nothing short of miraculous.” ~ Bucks County Community College

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